







Pan-Seared Chicken and Caper Cream

with Garlic Butter Rice and Zucchini









25 Minutes

 Swap	 Double
	
Turkey Breast Portions 340 g 680 g	Chicken Breasts 4 8

 Customized Protein  Add  Swap or  *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



	
Chicken Breasts 2 4	Cream 56 ml 113 ml
	
Capers 30 g 60 g	Parboiled Rice ¾ cup 1 ½ cups
	
Zucchini 1 2	Garlic Spread 2 tbsp 4 tbsp
	
Chicken Broth Concentrate 1 2	Cream Sauce Spice Blend 1 tbsp 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities	56 g	113 g
	2 person	4 person

1



Cook rice

• Before starting, wash and dry all produce.

- Add **1 cup** (2 cups) **water** and **¼ tsp** (½ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 16-18 min.
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, cut **zucchini** into ¼-inch half-moons.
- Drain and rinse **capers**.
- Pat **chicken** dry with paper towels. Season **chicken** with **salt** and **pepper**.

3



Cook zucchini

- Heat a large non-stick pan over medium-high heat.
- When hot, add **half the Garlic Spread** to the pan, then swirl to melt.
- Add **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.
- Transfer to a plate, then cover to keep warm.

4 | Cook turkey

🔄 Swap | Turkey Breast Portions

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **chicken breasts**.**

4 | Cook chicken

*2 Double | Chicken Breasts

If you've opted for **double chicken**, prep and cook it in the same way the recipe instructs you to prep and cook the **regular portion of chicken**. Work in batches, if necessary.

4



Cook chicken

🔄 Swap | Turkey Breast Portions

*2 Double | Chicken Breasts

- Reduce heat to medium.
- Add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook on one side until golden, 5-6 min. Flip, then cover and continue cooking until cooked through, 5-7 min.**
- Transfer to the plate with **zucchini**.

5



Make caper cream

- Sprinkle over **Cream Sauce Spice Blend**. Cook, stirring constantly, until combined with **oil**, 1 min.
- Add **¼ cup** (½ cup) **water** to the pan. Cook, scraping up any brown bits from the bottom of the pan, until slightly thickened, 1-2 min.
- Add **capers**, **cream** and **chicken broth concentrate**. Cook, stirring often, until slightly thickened, 2-3 min.
- Remove from heat, then season with **salt** and **pepper**.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **remaining Garlic Spread**.
- Thinly slice **chicken**.
- Divide **rice** and **zucchini** between plates.
- Top **rice** with **chicken**.
- Drizzle over **caper cream**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.